

# May 2024

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 5:30 – 7 pm All Levels	30 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	1 5 – 6:30 pm All Levels	2 9 – 10:30 am All Levels (No Zoom) 5:30 – 7:30 pm Meditation Easy*	3 10 – 11:30 am Experienced	4 10 – 11:30 am All Levels
5	6 5:30 – 7 pm All Levels	7 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	8 5 – 6:30 pm All Levels	9 9 – 10:30 am All Levels (No Zoom) 5:30 – 7:30 pm Meditation Easy*	10 10 – 11:30 am Experienced	11 10 – 11:30 am All Levels
12 	13 5:30 – 7 pm All Levels	14 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	15 5 – 6:30 pm All Levels	16 9 – 10:30 am All Levels (No Zoom) 5:30 – 7:30 pm Meditation Easy*	17 10 – 11:30 am Experienced	18 10 – 11:30 am All Levels
19	20 5:30 – 7 pm All Levels	21 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	22 5 – 6:30 pm All Levels	23 9 – 10:30 am All Levels (No Zoom)	24 10 – 11:30 am Experienced	25 Memorial Day Weekend - No Class
26	27 No class  Memorial Day	28 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	29 5 – 6:30 pm All Levels	30 9 – 10:30 am All Levels (No Zoom)	31 10 – 11:30 am Experienced	1 10 – 11:30 am All Levels

Class Fees	In-Studio Classes		Zoom Classes		
		Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes
	One class	\$20	\$25	\$18	\$23
	4 classes	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
	8 classes	\$136 (Retired Sr: \$122.40)	\$160 (Retired Sr: \$144.00)	\$112 (Retired Sr: \$100.80)	\$144 (Retired Sr: \$129.60)

Please register for classes. Pay by check, cash, Venmo (@PhilMilgrom-TCP), PayPal (paypal.me/TheCenteredPlace), or Zelle (philmilgrom@comcast.net). Thank you!

\* Meditation Made Easy course, 3 class meetings

“You are the One, the Divine scintillating light of Consciousness in an individual form.” ~ Swami Nirmalananda

